

Mrs. H. B. Roberts

Shalleross Hall

Odessa, Del 19730

Fruited Pot Roast

3 to 4 lbs. Mound Roast

$1\frac{1}{2}$ tsp. salt ; $\frac{1}{4}$ tsp pepper

$\frac{1}{4}$ C. Burgundy

$\frac{1}{3}$ C. finely chopped carrot

$\frac{1}{2}$ C. " " onion

1 clove garlic

$1\frac{1}{2}$ C. Hot H_2O

1 (11 oz) pkg. mixed dry fruits

3 lbs. flour

$\frac{1}{2}$ C. Cold H_2O

Brown meat in fat; add salt, pepper, wine & vegetables; Cover & cook over low heat 2 hrs. meantime pour hot H_2O over fruit & let stand 1 hr. Drain fruit (and liquid) = place fruit on meat. Cover - cook 45 min to 1 hr. till meat is tender. Remove meat & fruit to

plaster = skin of fat from pine
add reserved liquid to whole $\frac{1}{2}$ c. Blend
flour & cold H_2O & thicken juices -
Season 6

Trim with parsley or Cress